

COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation



RECONCILIATION WEEK



MAARI MA PRIMARY HEALTHCARE SERVICE

July 23 | ISSUE 67

Emma Moore pictured below with children from St Joseph's School with their books.



Balranald staff went all out to put on something special for Reconciliation Week and came up with the great idea of providing local school children with a book written by a local author.

They donated a children's book by Isaiah Firebrace called *Come Together*, which teaches kids all about Aboriginal culture and history. Isaiah has written a heart-warming debut picture book for children aged 5 and up which was inspired by his

petition to the Australian Government calling for Aboriginal history to be taught in every classroom. He connects each topic in the book through his own personal story and culture from the importance of elders to the dreaming.

Reconciliation is about sharing histories, cultures and achievements and this year's theme "Be a Voice for Generations" encourages all Australians to be a voice for reconciliation in tangible ways and in our everyday lives so we can have a more just, equitable and reconciled country for all.



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"Improving Aboriginal health and closing the gap"

BALRANALD

L to R: Community nurse Kirsten, Diabetes Educator Helen, AHW Bernadette Pappin, Helen Murphy .



FALLS PREVENTION AWARENESS

Balranald got behind the recent national falls campaign and joined with the FWLHD to provide education to the community and raise awareness.

The annual Better Balance for Fall Prevention campaign aims to help Australian's find appropriate exercise programs to meet their needs and interests. It promotes the latest best practice fall prevention strategies, and encourages people to get active and improve their balance for fall prevention. Falls, and their associated injuries, are often viewed by the older population as an inevitable part of the ageing process but they don't need to be: many falls are preventable, injury from falls can be minimised and ageing does not have to mean a loss of independence. Thanks to Helen Murphy for getting involved in the campaign.

Helen Murphy hosted another successful session of Happy Healthy Families recently. Helen said the session was about the importance of play with examples at each stage/age of structured play ideas and how-to tips. FWLHD child and family health nurses Kyla and Ash spoke with attendees on the Importance of Play.



BALRANALD

Emma Moore, Danielle Gervasi - Aboriginal Education Officer at Balranald Central School and Zoe Hutchinson. The books were donated to local school children during Reconciliation Week.



OUR BALRANALD FACILITY HAS BECOME MORE ACCESSIBLE

Maari Ma Health Balranald has had a practical facelift after issues were discovered with the entrance following routine facility audits.

It had been identified that the main access to the building was not accessible for people in wheelchairs, using walkers or with prams. Manager, Emma Moore said the door is heavy, there is a lip at the front entrance and the door was not automated therefore clients with mobility issues, wheelchairs and other mobility aids could not enter without assistance. We were able to source funding to remedy this problem and the solution is a new entrance. Harry Prescott has been on the job overseeing the project. Harry cut out the full length window that was there and it's been replaced with an accessible automated door that is now fully functional. The next job will be to replace the old entrance with a window and move the signage etc.



VACCINATIONS



Maari Ma CEO Richard Weston and currently pregnant Aboriginal Health Practitioner Kyla White received their annual Flux Vax recently by RN Elizabeth Murray.

Richard said, "The influenza and COVID vaccines are safe for both mums and bubs when given during pregnancy".

Richard also took the opportunity to remind staff, family and friends to keep up to date with recommended vaccinations with information from NSW Health that influenza notifications across the state increased last week by 15% and presentations to emergency departments for influenza-like illness

remain high. NSW Chief Health Officer Dr Kerry Chant said the state can expect high levels of influenza activity over the coming weeks and months,

which means it's important for us all to do those things we all know about that keep us and our families safe - get vaccinated, wear masks where

needed, maintain physical distance, avoid high-risk settings and practice good hygiene. Influenza is a serious disease in young children, and we know that both COVID-19 and influenza viruses can have serious consequences for older adults, people who have chronic health conditions and those who are immunocompromised.

The Broken Hill PHCS has had a steady take up of flu shots with 450 administered as of a few days ago but the rate of vaccinations could still be higher. Manager General Practice, Daniel Jackman, said COVID 19 boosters remain available with the latest vaccine strains used. Clients can have both the flu and COVID shot at the same time: this is a safe and effective way to protect yourself. We are conducting specific vaccine clinics on Thursdays but vaccines are available at any GP appointment as well.

BIKE

IEMET



ENTER TO WIN

Ages 15+

DRAWN ON MONDAY 31ST JULY

have a HEALTH CHECK, FLU VAX or COVID BOOSTER

Maari Ma Health 80 82 9777

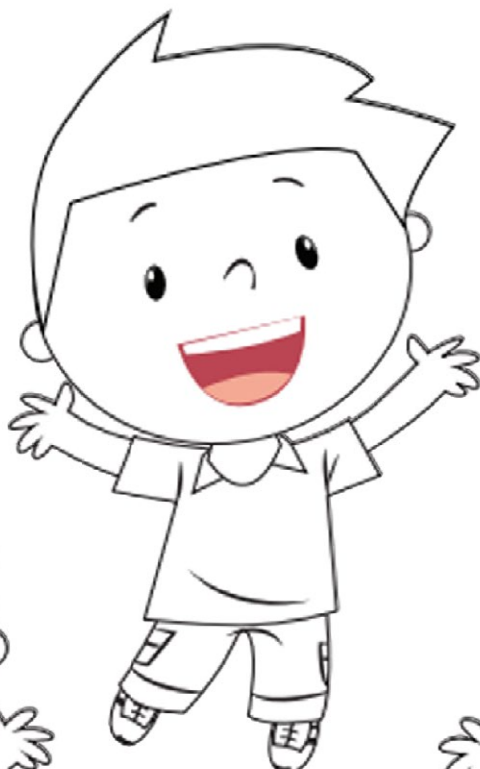
MIND, BODY, MOUTH

it's all connected

WIN a \$20 KMART gift card.
Colour in image and return to
Maari Ma Health before 5pm
Friday 4th of August. One
winner for each age category.

Ages: 0-5 6-10 11+

Winners announced Friday
morning 11th of August



For more information visit
dentalhealthweek.org.au

NAME _____
AGE _____



BROUGHT
TO YOU BY





MUTAWINTJI CULTURAL FESTIVAL

AUGUST 11-12

Invitation for Wiimpatja

*Enjoy a great weekend celebration of our culture
at Mutawintji National Park*

Free Admission

*Free admission for Wiimpatja.

**This is an
alcohol-free
event.**

Contact **Leroy Johnson** for bookings & information

Email: Leroy.Johnson@environment.nsw.gov.au

Phone: 0459 378 677

Image by Darkeye Photography www.darkeye.com.au

BABY ANNOUNCEMENT



JAZIEK JONES

Born 24/05/2023

**Mum and Dad
Karina Philp and
Luke Jones**

**Proud big
brother - Joziah**

FAREWELL



Wilcannia staff gathered for a farewell morning tea last Tuesday for Dr Penny Roberts-Thompson. A/ Health Service Manager, Loi Zanetti gave the speech and thanked her for her years of exceptional service.

Sadly, we have said goodbye to Dr Penny Roberts – Thompson after more than a decade of loyal and committed service to Maari Ma and our clients.

Dr Roberts -Thompson was among our

first chronic disease doctors employed in 2009 and she worked in the Keeping Well teams in Broken Hill, Wilcannia, Menindee as well as Ivanhoe, seeing clients on chronic disease care plans. Dr Roberts -Thompson took a 12 month break in 2015 coming back as a locum the following year before being on the regular roster in 2017. A morning tea was held for her at Wilcannia where she was working a lot

of the time. She will be greatly missed for her caring, thoughtfulness, and very calm manner. Some staff often referred to her calm approach to situations as the 'Penny factor'. We wish her all the very best and thank her for her work with our clients— she leaves us knowing that she has made a lasting impression on both the staff and the communities that she worked in.

MAD MAX

RUNNING FESTIVAL

JULY 30TH 2023 BROKEN HILL

MARATHON/HALF MARATHON

10km/5km/2km



For more information and
registration:

www.madmaxmarathon.com.au



These incredible souvenirs feature the original artwork of Andrew 'Thulli' Jones and are available for purchase for an additional \$40.

START TIMES

9.00am Marathon (runners only). No official cut-off time but let us know on the day if you expect to finish in more than five hours.

9.30am Half marathon (runners only). No cut-off time but let us know on the day if you expect to finish in more than three hours.

9.45am 10km (runners and walkers) No cut-off time.

10.00am 5km (runners and walkers) No cut-off time.

1.30pm 2km KIDS Racecourse Dash for U12s (Parents can walk/run with their children) – FREE EVENT but registration still required.

BIB AND T-SHIRT COLLECTION

Race Bibs and Pre-purchased T-Shirts can be collected from the Gary Radford Pavilion at the racecourse on **race day** from 8am or between 2pm and 5pm on the Saturday afternoon, 29th July.

FILLING THE GAP



GIVING THE GIFT OF A SMILE

Filling the Gap dental services have literally been filling the gap in the adult dental care services.

Filling the Gap is a charity arm of the Australian Dental Association (ADA) NSW established in 2019 and links dentists with vulnerable Australians. Filling the Gap dentist, Dr Andrew Parsons spent several weeks in Broken Hill and Wilcannia recently seeing adult clients which has helped us with our backlog. Originally from Broken Hill, Dr Parsons said he enjoys any opportunity to come back. He has been a dentist for 45 years and had a practice in Nelson Bay, Port Stevens and was also a Navy dentist for many years before that. Dr Parsons said he understands the need in this area and is encouraging more dentists from the Filling the Gap program to come out and experience Broken Hill. A feature article on Dr Parson's time in the far west has been published in the ADA's magazine NSW Dentist.



choose to be

VAPE FREE



kiila laana
growing healthy naturally



muuku
be smoke-free



Maari Ma Health



kiila laana

Kiila laana recently developed a new poster in collaboration with the Broken Hill Netball Association.

The image is of local First Nation netball girls Savannah and Destiny Wheatley, Freya Holden and Isla and Evie Blore.

GP REVIEW

During the year you should see your doctor to see if your GPMP or medication needs to be changed. You may also need some tests.

START

Your cycle of care starts with a twelve monthly CTG/IPIP sign up. This includes ATSI Health Check and a follow up by a health worker.

FOLLOW-UP CARE

Our health workers will visit you to talk about your health and see how you are going with your medications.

MAARI MA CYCLE OF CARE

GPMP & MEDICATION

You will be looked after by our Keeping Well team and other specialists like our dieticians, podiatrists and eye specialists. The Keeping Well team and pharmacist will help you with your medications which could include a Home Medication Review and a Webster Pack.

You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.



Maari Ma Primary Health Care Service

Improving Aboriginal Health & Closing the Gap..

About MMPHCS

Maari Ma Primary Health Care Service aims to provide culturally appropriate health services to Aboriginal people living in Broken Hill and surrounding communities.

We are governed by an all Aboriginal Board of Directors, who are deeply committed to providing an holistic approach to Aboriginal health that includes physical, emotional, spiritual, cultural and environmental dimensions.

Our health workers, doctors and nurses are committed to providing you with the highest quality care. If you ever feel that this has not been achieved, please contact the manager, Kendy Rogers, on 08 8082 9777 to discuss the matter.

Regular services

Doctors
Nurses
Health workers
Child health nurses
Midwives
Dietician
Primary mental health workers
Alcohol and other drug staff
Psychologist
Kids dentist
Adult dentist
Women's health
Pharmacist
Social Worker

Occasional services

Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist
Psychiatrist
Child and Adolescent
Psychiatrist
Pain Specialist



Kendy Rogers

Service
Manager:
PHCS



Nola
Whyman

Executive
Manager
Operations

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